

Families that work well

"Hey, what you all doing Saturday? You want to come around to our place for a BBQ."

"Yeah OK, but what for?"

"No special reason; let's just get together, seems the only time we see each other is at funerals!"

Our family is the most important part of our kids' lives.

Our family, including our extended family, have a big influence on how well our kids are able to cope with the things they have to face in life. As they get older it is important for them to be a part of family tasks.

Our family is our heart, beating for us as a people, and it carries our culture on. This binds us together

in everything we do, what we say, and what we understand.

A loving and caring family circle can help kids have a good feeling about themselves and a good regard for others. In an unhappy family, kids can often feel bad about themselves and couldn't care less about others.

We must make family time a special time and must keep in touch with our families and friends.

What do healthy families do?

We know that healthy families:

- make time to talk and listen to each other
- show feelings to each other—joy, excitement, anger and fear
- listen! not only hear the words, but work out what kids are saying behind the words
- give encouragement and show enjoyment and appreciation
- let other family members know why they're special
- hug, kiss and reward each other when it is needed
- encourage the differences in each person
- take time to ask what others have done each day
- allow each other to be excited about their own personal interests
- let family members feel proud to be themselves and to be who they are
- believe and have trust in each other
- get together and celebrate special occasions
- support each other in times of grief and sorrow
- make time to be together.

There are many kinds of family and many ways of parenting.
Whatever 'family' means to you it is the most important part of your child's life.

This tip sheet, along with the full set of Parenting WA guides, is available in electronic format at www.communities.wa.gov.au



Contacts

Parenting WA Line

A free 24/7 telephone information and support service for parents and children pre-birth up to 18 years.

t: 1800 654 432 (free call)

w: www.communities.wa.gov.au

Department for Communities

Aboriginal Early Years – Best Start Program

Best Start is a state-wide program for Aboriginal parents and carers with young children from babies to five years old.

Best Start Services are located in the following areas:

- Armadale t: 08 9399 6489
- Carnarvon t: 08 9941 2105
- Goldfields t: 08 9093 3795
- Hedland t: 08 9172 3599
- Mandurah t: 08 9583 9802
- Marble Bar t: 0427 013 144
- Midland t: 08 9274 9411
- Moora t: 08 9651 1294
- Mullewa t: 0408 844 196
- Narrogin t: 08 9881 6693
- Roebourne t: 0438 926 558
- South Lake t: 0427 013 141

w: www.communities.wa.gov.au

Aboriginal Health Services

Contact your local service for a range of health, medical and wellbeing services. Some have women's groups, men's groups and play groups.

COUNTRY:

Albany	Southern Aboriginal Corporation	t: 08 9842 7777
Broome	Regional Medical Centre	t: 08 9192 1338
	Kimberley Aboriginal Medical Service Council	t: 08 9193 6043
	Milliya-Rumurra Aboriginal Corporation	t: 08 9192 1699
Bunbury	South West Aboriginal Medical Service	t: 08 9791 2779
Carnarvon	Carnarvon Aboriginal Medical Service	t: 08 9941 2499
Derby	Derby Aboriginal Medical Service	t: 08 9193 1090
Fitzroy Crossing	Marr-Worra-Worra	t: 08 9191 5089
Geraldton	Geraldton Regional Aboriginal Health Service	t: 08 9956 6555
Goldfields	Bega Garnbirringu Health Service	t: 08 9091 3199
Halls Creek	Yura Yungi Aboriginal Medical Service	t: 08 9172 0400
Jigalong	Puntukurna Aboriginal Medical Service	t: 08 9175 1027
Kununurra	Ord Valley Aboriginal Medical Service	t: 08 9168 1288
	Waringarri Aboriginal Corporation	t: 08 9168 1528
Onslow	Bindi Bindi Aboriginal Community	t: 08 9184 1086
Roebourne	Mawarnkarra Health Service Corporation	t: 08 9182 0850
South Hedland	Wirraka Maya Aboriginal Health Service	t: 08 9172 0400
Wiluna	Ngangganawili Aboriginal Community Health Centre	t: 08 9981 7063
Wyndham	Ngnowar Aerwah	t: 08 9161 1496



Guiding our children, our way

Aboriginal Health Services

METROPOLITAN:

East Perth	Aboriginal Health Division (AHD)	t: 08 9222 4024
	Derbarl Yerrigan Aboriginal Health Service	t: 08 9421 3888
	Aboriginal Alcohol and Drug Service	t: 08 9221 1411
Mt Lawley	Australian Indigenous HealthInfoNet	t: 08 9370 6109
Mirrabooka	Derbarl Yerrigan Aboriginal Health Service	t: 08 9344 0444
Maddington	Derbarl Yerrigan Aboriginal Health Service	t: 08 9452 5333
	Moorditch Curlongga	t: 08 9459 3049
Mt Claremont	Statewide Indigenous Mental Health Service	t: 08 9347 6600
Perth	Aboriginal Health Council of WA (AHCWA)	t: 08 9227 1631

Playgroup WA

To find your nearest playgroup

t: 1800 171 882

w: www.playgroupwa.com.au

This Guide uses 'he' and 'she' in turn. Change to suit your child's sex.

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Parenting WA Guide Aboriginal 06



Government of **Western Australia**
Department for **Communities**
Parenting WA

